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News from  
around CATS  
London  
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# London Newsletter 2016-17

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Featured inside  
this issue...

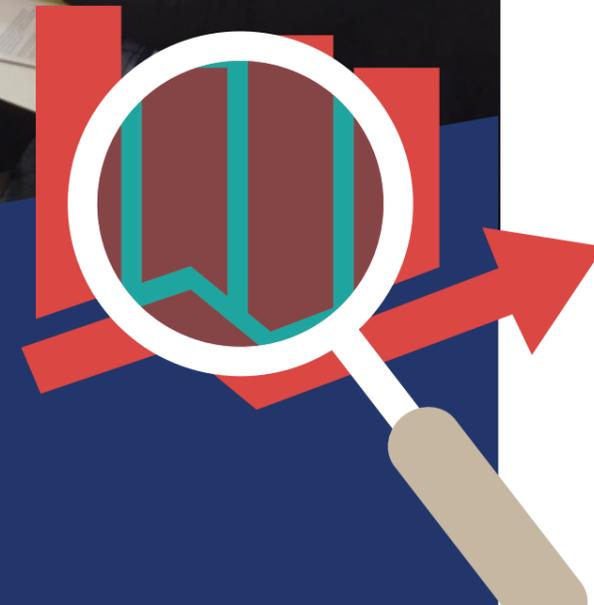
1. Regents University Visit
2. Human Rights Talk
3. Mindfulness
4. UK Mathematics Trust  
Team Challenge
5. UKMT Maths Challenge Result
6. Revision Conference
7. Human Resource Learning
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# On Wednesday 23rd November

Regents University visited CATS College London and held a very special workshop for all of our Business UFP students.

“Focusing on marketing and the elements that make a competitive service, students were able to apply their learning from class to a university level exercise.”





## In between a live interview with LBC and being live on Sky News

Peter Tatchell addressed Pre-Programme and AS students at CATS College London on 24.11.16. Discussing what is meant by British values he tackled head on challenges to Human Rights and in a wide ranging talk engaged in conversations with pupils from a wide array of countries about the nature of human rights and how they can be supported and abused.



## Unique Mindfulness club Activity

On Thursday 8th December, Renowned Specialist Cristina Codina Llavina will be teaching us a unique activity...

### The Alexander Technique.



The Alexander Technique was designed by the Australian Shakespearian actor, Fredrick M. Alexander in 1904 and is still very popular amongst many well-known celebrities today, such as the famous singer, Madonna, the famous author, Roald Dahl and the famous actor and comedian Sir Lenny Henry (to name but a few).

It is a form of mindfulness, where you think about how to use your mind to move your body in the most efficient and harmonious way when completing daily activities.

During the workshop, Cristina will teach us how to do this through gentle exercise, deep breathing techniques and guided movements. We will also learn how to benefit from the techniques in other ways, such as feeling calmer, thinking more effectively, and sleeping better at night.

Members of the CATS College Mindfulness Club will get priority places but there will also be places made available to other students at CATS College London on a limited basis.

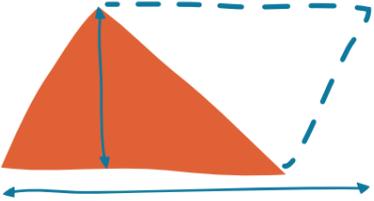
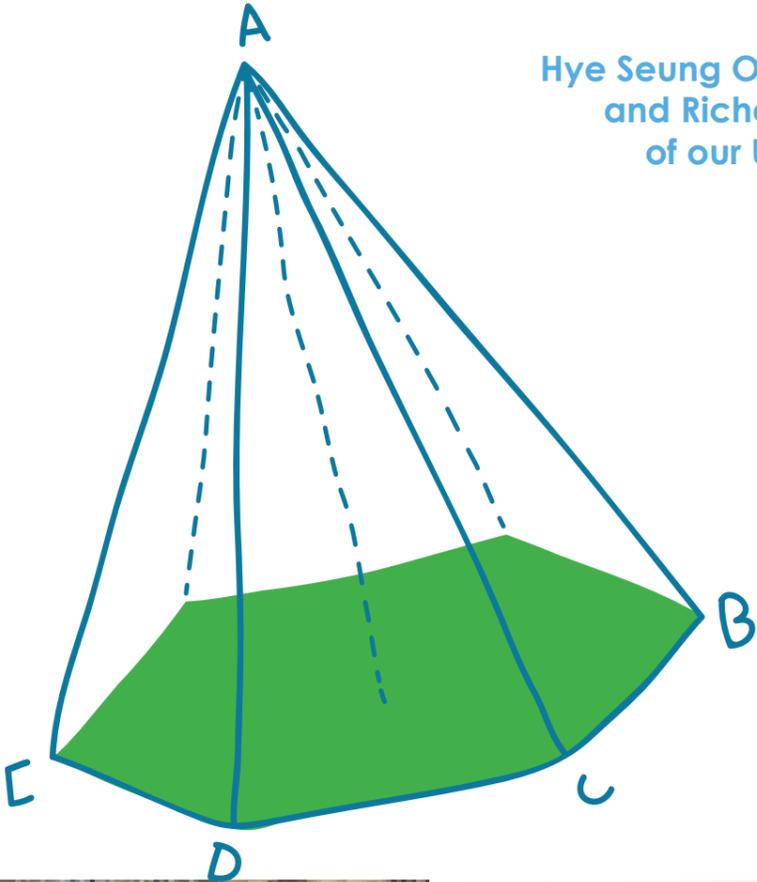
For details on what we thought about the workshop... **WATCH THIS SPACE!**

**The CATS College London Mindfulness Club**

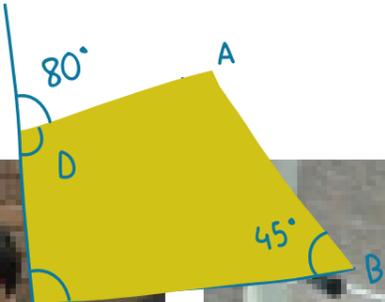
# The UK Mathematics Trust Team Challenge

They competed in the London Regional Round at the City of London School on 14 November. They came sixth out of twenty eight teams, which is a brilliant result, as this is the first time we have entered this competition.

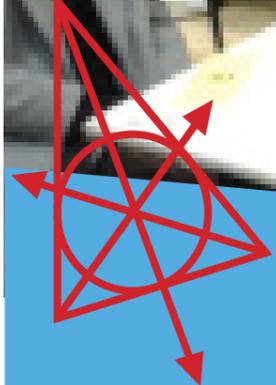
Hye Seung Oh, Weixuan Zhang, Dat Nguyen Tien and Richard Hadyanto are the four members of our UKMT Senior Maths Challenge team.



$$y = \frac{(b \times a)}{2} - h$$



Keyed up and waiting for the start...

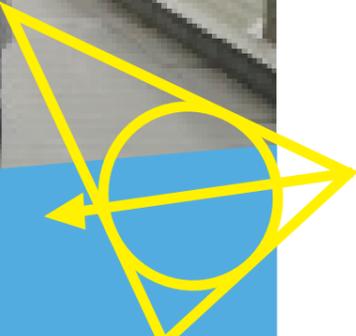


A tense wait while they tally up final results...



Over the Millennium Bridge on the way back

$$ax^2 + bx + c = 0$$



# The results of the UKMT Math Challenge held on 8 November are out.

Every year that we have done this since 2011 we have done better than the year before, and this year is no exception - **eight Golds, nine Silvers and four Bronze Awards.**

**Congratulations to all participants.**

“ Best in School was Hye Seung Oh with a score of 109 / 125  
Best in Year 12 was Na Yeon Kim with a score of 100/125  
Congratulations to them.  
All Gold Award winners are invited to join the next round of the competition – the “Kangaroo Round” on 2nd December.”



**Gold** awards for a score over 90 / 125 were given to:

- Hye Seung Oh
- Sewook Kim
- Hao Tian Lee
- Dat Nguyen
- Mi Jin Kwon
- Gad Nacamulli
- Na Yeon Kim
- Fateh Ibrahimli

Well done especially to **Fateh Ibrahimli**. A Gold Award at UFP level is an achievement.



**Silver** awards for a score over 70 / 125 were given to:

- Gabriel Pajda
- Thuan Nguyen
- Khanh Huynh
- Xingyu Bian
- Katarina Lazarevic
- Husam Jassemi
- Dianchen Xie
- Kamand Kalashi
- Lanqi Shi



**Bronze** awards for a score over 60 / 125 were given to:

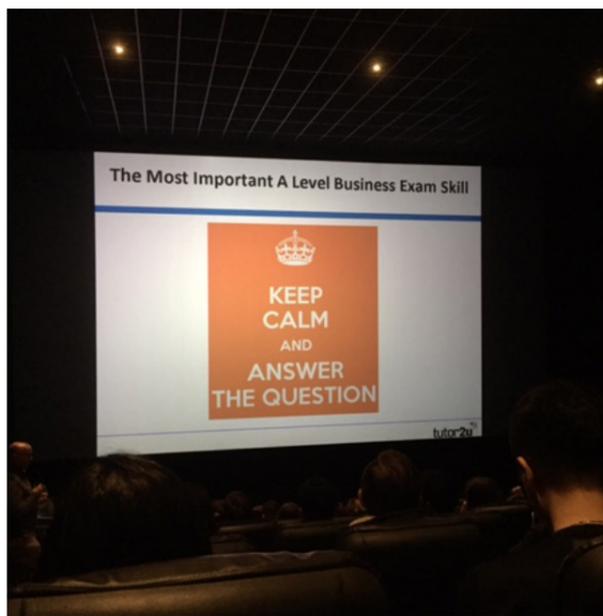
- Petar Radakovic
- Ethan Tunas
- Mahan Pourkhorsand
- Ka Hei Lui



## On Thursday 24th November

**A2 business and economics students attended a revision conference.**

Taking place in the Vue Cinema in the Westfield Stratford shopping centre, students were able to develop their understanding and exam techniques to support them reaching their potential in their future examinations. Some of our students demonstrated their subject knowledge by answering questions in front of a cinema filled with rival students. An enjoyable and informative day was had by all.



## On Friday 25th November

**The A-level fast track Business students participated in an extracurricular opportunity that reinforced their current learning about Human Resource Management.**

The HR Manager of all 3 CATS Colleges, Fiona Costley, held a very interactive workshop; going through the recruitment process, simulating job interviews and inviting students to express opinions/ thoughts in a fantastic Q&A session. It proved to be a useful exercise that the students greatly benefited from. Each student was commended for their efforts by receiving a certificate of participation.



# Updates on activities

## Sports & Activities:

### Interleague football: CATS

1-Lansdowne 0. In addition to the players, many CATS College students came to watch and support the team. Player of the match: Kent Hidayat.. Final match of the term will be on Tuesday (28th) against MPW at Burlington Danes Academy 6-7pm.

**Yoga:** Instructor confirmed to start in the New Year.

## Upcoming Charity/fundraising events:

### Bake sale preparation afternoon:

Students baking cakes in PH 14:00 onwards. Staff please feel free to head over to PH and support baking activities.

### Bake sale in College: Monday 5th

11:00-14:00 in the Canteen. Staff and students are invited to bring in cakes/biscuits to sell. All donations will go to United World Schools.

### Christmas themed fancy dress day

In College: Thursday 1st December. PT representatives to come round to PT groups from Thursday onwards collecting donations to United World Schools.



Paintballing on the 20th of November



## Upcoming Trips

### Geography:

#### Thursday 1st December.

UFP Coursework trip to Epping Forest (Moeain)

### History/Politics:

#### Thursday 8th December.

Ten UFP & Fast track students will be leaving College at 4pm to go to CATS College in Cambridge to listen to a lecture from Roger Mosey on 'Life in the BBC'.

## Christmas weekend at CATS London

Friday 2nd December  
**Winter Wonderland**

Saturday 3rd December  
**Bicester Village**

Sunday 4th December  
**Christmas Party at Premier House**

For all activities please meet in Premier House common room (Floor 1) 15 minutes before departure time.

Please register for all activities at Premier House college reception by Monday 28th November.



# Preparing you for university success

CATS College London is part of  
Cambridge Education Group

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[www.catseducation.com](http://www.catseducation.com)



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